


East Columbia 50+ Center

March 2017 Events



Hours: Mondays and Wednesdays, 8:30 am-8:30 pm
Tuesdays and Thursdays, 9am-4:30 pm
Fridays, 8:30 am-4 pm

Monday	Tuesday	Wednesday	Thursday	Friday
East Columbia 50+ Center Staff Meridy McCague Ellen Brown Alma Blue Earl Saunders	Save the Date for the 9th Annual  WOMENFEST <small>A Health & Wellness Event for Women</small> Saturday, April 29 • 10 am - 3 pm Gary J. Arthur Community Center at Glenwood 2400 Rt 97 Cooksville, MD	10 Mahjong 2 Bid Whist 3 Strength Training \$ 4 Tai Chi Beginner \$ 5/6 Tai Chi Fan \$ 7 Soul Line Dance \$ 1	8:50 Exercise with Ease \$ 11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Chess 1 Ballroom Dance \$ 3:30 Tai Chi P 6 New Release Cinema 2	9 Beginner Writing \$ 9:15 Draw & Paint \$ 10 Knitting \$ 10:30 Creative Writing \$ 1 Pinochle 1 Bridge 1 Watercolor \$ 3
9 Legal Aid 10 Chinese Painting \$ 10 Morning Workout \$ 11 & 12:15 Yoga \$ 12 Mahjong 2 Tai Chi P 3 Cool Line Dance \$ 4 Pinochle 5/6 Tai Chi Advance \$ 7 Soul Line Dance \$ 6	8:50 Exercise w/Ease \$ 10 Seated Yoga \$ 10 Color with Us 11 Qigong Drop-in 11 Sew Who Cares 12 Poker 2 Yoga \$ 3 Urban Line Dance \$ 6 Civil Law 6:30 Retirement Income 7	9 Tax Appointments 10 Mahjong 10 Outreach & Constituent Services 2 Bid Whist 3 Strength Training \$ 4 Tai Chi Beginner \$ 5/6 Tai Chi Fan \$ 7 Soul Line Dance \$ 8	8:50 Exercise w/Ease \$ 11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Chess 1 Ballroom Dance \$ 3:30 Tai Chi P 6 New Release Cinema 9	9 Beginner Writing \$ 9:15 Draw & Paint \$ 10 Knitting \$ 10:30 Creative Writing \$ 10 Knitting \$ 1 Pinochle 1 Bridge 10
9 Legal Aid 10 Chinese Painting \$ 10 Morning Workout \$ 11 & 12:15 Yoga \$ 12 Mahjong 2 Tai Chi P 3 Cool Line Dance \$ 4 Pinochle 5/6 Tai Chi Advance \$ 7 Soul Line Dance \$ 13	8:50 Exercise w/Ease \$ 10 Color with Us 10 Seated Yoga \$ 11 Sew Who Cares 11 Qigong Drop-in 12 Poker 2 Yoga \$ 3 Urban Line Dance \$ 3:30 iPad Lab 6 Family Law 14	9 Tax Appointments 10 Mahjong 10 NAFRE 2 Bid Whist 3 Strength Training \$ 4 Tai Chi Beginner \$ 5/6 Tai Chi Fan \$ 7 Soul Line Dance \$ 15	8:50 Exercise w/Ease \$ 11 Tai Chi Sword P 11 AAUW 12 Tai Chi Practice 12 Poker 1 Chess 1 Ballroom Dance \$ 3:30 Tai Chi P 6 New Release Cinema 16	9:15 Draw & Paint \$ 10 Knitting \$ 1 Pinochle 1 Bridge 17
9 Legal Aid 10 Chinese Painting \$ 10 Morning Workout \$ 11 & 12:15 Yoga \$ 12 Mahjong 1:30 Bridge 2 Tai Chi P 3 Cool Line Dance \$ 4 Pinochle 5/6 Tai Chi Advance \$ 7 Caregivers Support 7 Soul Line Dance \$ 20	8:50 Exercise w/Ease \$ 10 Color with Us 10 Seated Yoga \$ 11 Sew Who Cares 11 Qigong Drop-in 12 Poker 1 Clutter Busters 2 Yoga \$ 3 Urban Line Dance \$ 6 Family Law 21	9 Tax Appointments 10 Mahjong 1 Nutrition Tips: Phytonutrients 2 Bid Whist 3 Strength Training \$ 4 Tai Chi Beginner \$ 5/6 Tai Chi Fan \$ 7 Soul Line Dance \$ 22	8:50 Exercise with Ease \$ 11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Chess 1 Ballroom Dance \$ 3:30 Tai Chi P 6 New Release Cinema 23	9:15 Draw & Paint \$ 10 Knitting \$ 1 Pinochle 1 Bridge 1 Watercolor \$ 24
9 Legal Aid 10 Chinese Painting \$ 10 Morning Workout \$ 11 & 12:15 Yoga \$ 12 Mahjong 2 Tai Chi P 3 Cool Line Dance \$ 3:30 Nutrition Appts. 4 Pinochle 5/6 Tai Chi Advance \$ 7 Soul Line Dance \$ 27	Staff Meeting Center Closed 7 World Language Café 28	9 Tax Appointments 10 Mahjong 11 BYO Beads 2 Bid Whist 3 Strength Training \$ 4 Tai Chi Beginner \$ 5/6 Tai Chi Fan \$ 7 Soul Line Dance \$ 29	11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Chess 1 Ballroom Dance \$ 1 Activity Pals 3:30 Tai Chi P 6 New Release Cinema 30	9:15 Draw & Paint \$ 10 Knitting \$ 1 Pinochle 1 Bridge 1 Watercolor \$ 31

Come Color with Us

No talent, prior experience or natural ability required! Adult coloring pages will be provided. Enjoy the conversation and relaxation in a stress free place.

When: Tuesdays, March 2, 9, 16, 23 and 30

Time: 10 am – 11am

Cost: Free

Knitting 101 and 102

Try out this 6-week class taught by Ellen Brown. No experience is necessary for this entry level and beyond beginners knitting class. The goal will be to complete an infinity scarf. Please call 410-313-7680 or stop by the office to register.

When: Friday, March 3, 10, 17, 24, 31 and April 7

Time: 10 am – 12pm

Cost: \$35

AARP Income Tax Preparation

AARP volunteers will be available for income tax preparation by appointment. Please stop by or call 410-313-7680 to schedule an appointment.

When: Wednesday, March 8, 15, 22, and 29

Time: 9am - 12 Noon

Cost: Free

Create Your Retirement Income

Have a plan, maximize social security, look at risks in retirement and long term medical costs.

When: Wednesday, March 8

Time: 10am – 11am

Cost: Free

Outreach and Constituent Services

Cecilia Simms, Constituent Representative from Congressman John P. Sarbanes office will be available to answer federal government questions or concerns such as Social Security, internal revenue services, veteran benefits, passports and immigrations. Please stop by, no appointment is necessary.

When: Wednesday, March 8

Time: 10am – 11am

Cost: Free

Nutrition Tips: Phytonutrients

Phytonutrients – what are they and how can they help prevent diseases? Karen Basinger, M.S. CRCS,LD, returns to illuminate the importance of a colorful diet. Please call 410-313-7680 to sign up.

When: Tuesday, March 14

Time: 3:30 pm

Cost: Free

SAVE THE DATE

Sight and Sound Theatre Bus Trip

Join East Columbia 50+ Center as we travel to Lancaster, Pennsylvania to see **Jonah** at the Sight and Sound Theatre. Lunch is at Hershey Farm Restaurant. **Seats are still available.** Final payment is due by March 15, 2017. Depart from East Columbia 50+ Center. For more information, please call 410-313-7680.

When: May 3, 2017

Time: 10 am depart and 7:30 pm return

Cost: \$135

Important Numbers and Information

If you need accommodations to attend events at East Columbia 50+ or an alternate format for this document, please call: **410-313-7680**. People with hearing or speech disability may contact Maryland Relay: 7-1-1.

Howard County Government does not endorse products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of sponsors.